Worksheet

Cognitive Regulation Review

Fill in the blanks.

1. List 4 words that are extreme and often not helpful to use in your thinking. (*Example: Never*)

_____, _____, _____, _____

Circle the best answer.

2. Our feelings and behaviors following an event are caused by:
   - The event
   - Our thoughts about the event

3. Kevin doesn't like one of the rules in his science class. The best way for him to address this would be to:
   a. Yell at the teacher about the rule.
   b. Break the rule whenever he feels like it.
   c. Write down his concerns about the rule and schedule a meeting with the teacher to discuss it.

Read the scenarios and answer the questions.

Scenario #1

Dillon has a final exam in the morning. He just found out that he has to work late tonight. He starts thinking, "I'll never be able to do this. I can't take it!"

If Dillon was your friend, what could you say to help him challenge those unhealthy thoughts?

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Scenario #2

Krista just overheard a conversation between two girls she thought were her friends. They were making very hurtful comments about her. Krista started thinking, "Everyone hates me. I'm not good enough. I should just disappear."

If you were Krista's friend, what might you say to help her challenge these extreme, unhealthy thoughts?

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LIVEWORKSHEETS